

NO DAYS OFF

SARONNO

CLASSI ILLIMITATE

FREE OPEN BOX

COMPETITOR PROGRAM

ALLENATI DOVE VUOI

EAT,
REPEAT
TRAIN,
REPEAT
SLEEP,
REPEAT

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
CROSSFITCLASS 06.00 07.00		CROSSFITCLASS 06.00 07.00		CROSSFITCLASS 06.00 07.00	
BURNCROSSFIT 07.00 08.00	CROSSFITCLASS 07.00 08.00	BURNCROSSFIT 07.00 08.00	CROSSFITCLASS 07.00 08.00	BURNCROSSFIT 07.00 08.00	
CROSSFITCLASS 09.30 10.30	BURNCROSSFIT 09.30 10.30	CROSSFITCLASS 09.30 10.30	BURNCROSSFIT 09.30 10.30	CROSSFITCLASS 09.30 10.30	
CROSSFITCLASS 12.15 13.15	BURNCROSSFIT 12.15 13.15	CROSSFITCLASS 12.15 13.15	BURNCROSSFIT 12.15 13.15	CROSSFITCLASS 12.15 13.15	BURNCROSSFIT 10.30 11.30
BURNCROSSFIT 13.15 14.15	CROSSFITCLASS 13.15 14.15	BURNCROSSFIT 13.15 14.15	CROSSFITCLASS 13.15 14.15	BURNCROSSFIT 13.15 14.15	CROSSFITCLASS 11.30 12.30
CROSSFITCLASS 17.15 18.15	BURNCROSSFIT 17.30 18.30	CROSSFITCLASS 17.15 18.15	BURNCROSSFIT 17.30 18.30	CROSSFITCLASS 17.15 18.15	CROSSFITCLASS 12.30 13.30
CROSSFITCLASS 18.15 19.15	CROSSFITCLASS 18.30 19.30	BURNCROSSFIT 18.15 19.15	CROSSFITCLASS 18.30 19.30	CROSSFITCLASS 18.15 19.15	
CROSSFITCLASS 19.15 20.15	CROSSFITCLASS 19.30 20.30	CROSSFITCLASS 19.15 20.15	CROSSFITCLASS 19.30 20.30	CROSSFITCLASS 19.15 20.15	
BURNCROSSFIT 20.15 21.15	BURNCROSSFIT 20.30 21.30	BURNCROSSFIT 20.15 21.15	BURNCROSSFIT 20.30 21.30	BURNCROSSFIT 20.15 21.15	